



Class Pricing

New to Reformer

Intro Package

2 Weeks Unlimited
CA\$100 + HST

Single Session

1 Reformer Session
CA\$49 + HST

Frequent Participant

Five Sessions

5 Reformer Sessions
CA\$229 + HST

Ten Sessions

10 Reformer Sessions
CA\$429 + HST

Twenty Sessions

20 Reformer Sessions
CA\$700 + HST
*Includes 2 FREE sessions

Package Pricing for NPS Reformer Pilates Schedule

These are our individual and package rates for ALL NATION Pilates Studio (NPS) Reformer Pilates classes on the Wellness Living app. All classes approx. 50 mins minutes in length. Sessions can also be purchased and booked on the Wellness Living app under Fitness NATION in Mississauga. For questions or concerns, please feel free to contact us at (647) 684-0170 or at pilates@gofitnessnation.com



Studio Etiquette

Common Practices

Reformer Care and Use

As the reformers are custom made, we do have a few practices we follow for each session. If you are new, try to arrive 10min early to learn proper set up.

Footwear

We ask that you kindly remove your shoes before each session. If possible, please bring grip socks, unless you wish to be barefoot on the reformer. Grip socks can also be purchased if needed.

Cleanliness

As we will have participants potentially barefoot, if not wearing grip socks, all matted areas of the reformers are to be cleaned with wet wipes provided to ensure a safe and sanitized environment.

Springs

We ask that you remove all springs from the reformer base after each session as the springs could overstretch if left for longer periods of time. (unless instructor asks differently)

Late Cancellation Policy

All cancellations can be done up to 1 hours before class start time. Failure to do so will result on a lost session.

Sessions can booked on the Wellness Living app under Lebert Fitness NATION in Mississauga up to 1 hour before class starts.

For questions or concerns, please feel free to contact Nelson at (647) 684-0170 or at pilates@gofitnessnation.com